

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2019 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

***THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.***

<b>EVENT</b>	<b>BOYS D1</b>	<b>BOYS D2</b>	<b>GIRLS D1</b>	<b>GIRLS D2</b>
<b>100M DASH</b>	11.0 / 11.24	11.1 / 11.34	12.2 / 12.44	12.5 / 12.74
<b>200M DASH</b>	22.1 / 22.34	22.6 / 22.84	25.3 / 25.54	25.8 / 26.04
<b>400M DASH</b>	48.9 / 49.14	50.3 / 50.54	57.3 / 57.54	58.1 / 58.34
<b>800M RUN</b>	1:54.3 / 1:54.54	1:57.4 / 1:57.64	2:13.5 / 2:13.74	2:15.5 / 2:15.74
<b>1600/1500M RUN</b>	4:17.0 / 4:17.24	4:24.5 / 4:24.74	4:36.5 / 4:36.74	4:44.9 / 4:45.14
<b>3200/3000M RUN</b>	9:24.6 / 9:24.84	9:39.1 / 9:39.34	10:02.6 / 10:02.84	10:24.6 / 10:24.84
<b>STEEPLECHASE</b>	9:33.1 / 9:33.34	9:53.2 / 9:53.44	7:06.0 / 7:06.24	7:21.8 / 7:22.04
<b>HIGH HURDLES</b>	14.7 / 14.94	15.2 / 15.44	15.0 / 15.24	15.7 / 15.94
<b>400M HURDLES</b>	55.9 / 56.14	57.1 / 57.34	64.0 / 64.24	66.3 / 66.54
<b>LONG JUMP</b>	22' 03.25"	21' 02.75"	17' 11.25"	17' 02.25"
<b>TRIPLE JUMP</b>	45' 06.5"	44' 00.75"	37' 05"	36' 06.75"
<b>SHOT PUT</b>	52' 06.75"	50' 10"	39' 02.5"	36' 11.5"
<b>DISCUS</b>	151' 03"	145' 08"	118' 11"	110' 08"
<b>HIGH JUMP</b>	6' 02"	6' 02"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 03"	13' 03"	11' 03"	10' 00"
<b>PENTATHLON</b>	3074 PTS.	2992 PTS.	2912 PTS.	2732 PTS.
<b>400M RELAY</b>	42.6 / 42.84	44.0 / 44.24	48.5 / 48.74	50.1 / 50.34
<b>1600M RELAY</b>	3:21.1 / 3:21.34	3:28.4 / 3:28.64	3:56.9 / 3:57.14	4:05.2 / 4:05.44
<b>3200M RELAY</b>	7:52.9 / 7:53.14	8:11.7 / 8:11.94	9:16.1 / 9:16.34	9:39.5 / 9:39.74

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2014 THROUGH 2018

APPROVED 9/16/18